

# WHI CONFERENCE: *THE WHI LEGACY TO FUTURE GENERATIONS OF WOMEN*

Update on Scientific Contributions

Natcher Auditorium, NIH Campus; February 28 and March 1, 2006

This special two-day conference features remarks from the nation's scientific leaders, including Elias Zerhouni, Vivian W. Pinn, Elizabeth Nabel, William Harlan, Peter Greenwald, and Bernadine Healy. The WHI investigators will discuss results from the three randomized trial components and the observational study. Scientific leaders from the NIH and the WHI will comment on future research opportunities and clinical practice directions related to older women's health.

## DAY ONE – February 28, 2006

### I. Morning (8:30 a.m. – 10:30 a.m.)

Opening Remarks and Introductions

*Marcia Stefanick, PhD*

NIH Perspective:

WHI, a Special Interdisciplinary Project

*Elias Zerhouni, MD*

Office of Research of Women's Health

*Vivian Pinn, MD*

National Heart, Lung, and Blood Institute (NHLBI)

*Elizabeth Nabel, MD*

Historical Overview

*Bernadine Healy, MD*

WHI Key Questions; Basic Study Designs

*William Harlan, MD*

Acknowledging the WHI Participants

*Vivian Pinn, MD, ORWH*

\*\*\* DVD: The WHI Experience: 161,000 Women Across the U.S. \*\*\*

Recruitment Strategies

*Judy Ockene, PhD, MEd*

Description of WHI Cohort

*Annlouise Assaf, PhD*

*David Curb, MD*

\*\*\*\*\* Break (30 min) \*\*\*\*\*

### II. Morning (11:00 a.m. – 12:15 p.m.)

The WHI Dietary Modification Trial

*Moderator: Leslie Ford, MD, NCI*

Overview of Session and Introductions

*Leslie Ford, MD, NCI*

Background

*Maureen Henderson, OBE, MD, DPH*

Hypothesis and Design

*Ross Prentice, PhD*

The Dietary Change Program

- Goals and Strategies

*Deborah Bowen, PhD*

- Predictors of Dietary Change

*Lesley Tinker, PhD, RD*

Personal Accounts of Dietary Change Participants

*(Facilitators: Linda Snetselaar, PhD, RD & Yasmin Mossavar-Rahmani, PhD, RD)*

*Betty Cintas (Stanford)*

*Sylvia Grendisa (Buffalo)*

*Olga Lamarche (Seattle)*

*Marcia Mazur (GWU)*

Audience Q&A

*Moderator: Leslie Ford, MD, NCI*

\*\*\*\*\* Lunch (12:15 p.m.-1:45 p.m.) \*\*\*\*\*

### III. Afternoon (1:45 p.m. – 3:00 p.m.)

<b>The Dietary Modification Trial Results</b>	<b>Moderator:</b> <i>Leslie Ford, MD, NCI</i>
• Overview and Baseline Demographics	<i>Norman Lasser, MD, PhD</i>
• Dietary Assessment	<i>Cynthia Thomson, PhD, RD</i>
• Dietary Change and Biomarkers	<i>Bette Caan, DrPH</i>
• Breast Cancer	<i>Ross Prentice, PhD</i>
• Colorectal Cancer	<i>Shirley Beresford, PhD</i>
• Heart Disease and Stroke	<i>Linda Van Horn, PhD, RD</i>
<b>Summary and Dietary Implications</b>	<i>Peter Greenwald, MD, DrPH, NCI</i>
<b>Audience Q&amp;A</b>	<b>Moderator:</b> <i>Leslie Ford, MD, NCI</i>

\*\*\*\*\* *Break (30 min)* \*\*\*\*\*

### IV. Afternoon (3:30 p.m. – 5:00 p.m.)

<b>The WHI Calcium plus Vitamin D Trial</b>	<b>Moderator:</b> <i>Joan McGowan, PhD, NIAMS</i>
<b>Overview of Session and Introductions</b>	<i>Joan McGowan, PhD, NIAMS</i>
<b>Background/Hypothesis/Design</b>	<i>Jane Cauley, PhD</i>
<b>Special Challenges of the Trial</b>	<i>Barbara Cochran, PhD, RN</i>
<b>Personal Accounts of Participants</b>	<i>Betty Cintas (Stanford)</i>
<i>(Facilitator: Linda K. Mickel, RN, CCRN)</i>	<i>Mary Frost (Buffalo)</i>
	<i>Judy LaCour (Seattle)</i>
	<i>Loretha Young (Washington, DC)</i>
<b>The Calcium plus Vitamin D Trial Results</b>	
• Bone, Fractures, Bone Mineral Density	<i>Rebecca Jackson, MD</i>
• Other Bone Findings	<i>Andrea LaCroix, PhD</i>
• Colorectal Cancer	<i>Jean Wactawski-Wende, PhD</i>
<b>Impact on Public Health Recommendations</b>	<i>Joan McGowan, PhD, NIAMS</i>
<b>Audience Q&amp;A</b>	<b>Moderator:</b> <i>Joan McGowan, PhD, NIAMS</i>
<b>Closing Remarks for Day One</b>	<i>Marcia Stefanick, PhD</i>

\*\*\*\*\* *Adjourn for the day (5:00 p.m.)* \*\*\*\*\*

## DAY TWO – March 1, 2006

### V. Day Two, Morning (8:00 a.m. – 9:45 a.m.)

#### The WHI Hormone Trials

*Moderator: Marcia Stefanick, PhD*

Opening Remarks; Overview of Session; Introductions	<i>Marcia Stefanick, PhD</i>
Background/Hypothesis/Design	<i>Jacques Rossouw, MD, NHLBI</i>
Key Differences between E+P and E-alone Participants	<i>David Barad, MD, MS</i>

#### The Estrogen + Progestin and Estrogen-only Trials Results

- Why the Trials were Stopped Early: The Global Index and the Balance of Risks and Benefits
  - Heart, Brain (Stroke), and Blood Clots *Garnet Anderson, PhD*
  - Breast and Colon *Judith Hsia, MD*
  - Bones *Rowan Chlebowski, MD, PhD*
  - Bones *Cora E. Lewis, MD, MSPH*
  - Brain (Cognitive Function, WHIMS) *Sally Shumaker, PhD*
- Summary of Key Findings; Introductions for Other Outcomes
  - Quality of Life, Symptoms, Stopping Hormones *Marcia Stefanick, PhD*
  - Diabetes, Gallbladder, Incontinence *Jennifer Hays, PhD*
  - Coronary Artery Calcium Study *Denise Bonds, MD, MPH*
  - Biomarkers and Genetic Studies *JoAnn Manson, MD, DrPH*
  - Biomarkers and Genetic Studies *Karen Johnson, MD, MPH*

#### Audience Q&A

*Moderator: Marcia Stefanick, PhD*

\*\*\*\*\* *Break (15 min)* \*\*\*\*\*

### VI. Day Two, Morning (10:00 a.m.-11:00 a.m.)

#### The WHI Hormone Trials (continued)

*Moderator: Marcia Stefanick, PhD*

Communicating Unexpected Findings to the Public	<i>Barbara Alving, MD, NCRR</i>
Personal Accounts of Participants	<i>Gene Gary-Williams, PhD ( DC)</i>
(Facilitator: James Shikany, DrPH, PA-C)	<i>Natalie Gordon (NYC)</i>
	<i>Gail LaMar (Stanford)</i>
	<i>Eiko Nomura (Irvine)</i>
Impact of HT Trials on Medical Practice	<i>Margery Gass, MD</i>
	<i>Robert Brzyski, MD, PhD</i>
Future Directions for menopausal hormone research	<i>Jacques Rossouw MD, NHLBI</i>
Audience Q&A; Closing Session	<i>Moderator: Marcia Stefanick, PhD</i>

\*\*\*\*\* *Break (15 min)* \*\*\*\*\*

**VII. Day Two, Morning (11:15 a.m.-12:30 p.m.)**

**The WHI Observational Study (OS)**

**Opening Comments** *Moderator: Teri Manolio, MD, PhD, NHLBI, NHGRI*

**The OS Resource (Overview)** *Robert Langer, MD, MPH*

**Selected Major Findings from the OS Results**

- **Heart and Brain (Stroke)** *JoAnn Manson, MD, DrPH*
- **Blood Pressure and Depression** *Sylvia Wassertheil-Smoller, PhD*
- **Breast Cancer** *Anne McTiernan, MD, PhD*
- **Bones** *John Robbins, MD*
- **Body Weight** *Lewis Kuller, MD, DrPH*
- **Diabetes** *Karen Margolis, MD, MPH*
- **Access to Medical Care** *F. Allan Hubbell, MD*

**Audience Q&A** *Moderator: Teri Manolio, MD, PhD, NHLBI, NHGRI*

**Closing Comments** *Teri Manolio, MD, PhD, NHLBI, NHGRI*

\*\*\*\*\* *Lunch (12:30 p.m.-1:15 p.m.)* \*\*\*\*\*

**VII. Day Two, Afternoon (1:15 p.m. – 2:30 p.m.)**

**The Future: The WHI Legacy Continues and Preventive Health for Older Women**

**Opening Remarks (Putting it all together)** *Moderator: Richard Hodes, MD, NIA*

**WHI Extension Study; Data and Specimen Resources** *Elizabeth Nabel, MD*

**Broad Agency Announcement (BAA)** *Jacques Rossouw, MD, NHLBI*

**National Guidelines and Recommendations and (Potential) Impact of WHI**

- **Heart and Brain (Stroke)** *Marian Limacher, MD*
- **Brain (Cognitive Function)** *Sally Shumaker, PhD*
- **Breast, Colon and Other Cancers** *Dorothy Lane, MD, MPH*
- **Gynecological Health and Hormones** *Susan Hendrix, DO*
- **Bones** *Joan McGowan, PhD, NIAMS*

**Overall Recommendations for Older Women** *Robert Wallace, MD*

**Closing Remarks for Guidelines Session** *Richard Hodes, MD, NIA*

**Women's Health Questions of the Future?** *Vivian Pinn, MD, ORWH*

**Celebrating WHI Participants: Final Words of Appreciation and Acknowledgement**

**Audience Q&A** *Moderator: Richard Hodes, MD, NIA*

**Closing Remarks for Conference** *Marcia Stefanick, PhD*

\*\*\*\*\* *Adjourn (2:30 p.m.)* \*\*\*\*\*